

# Sunny Fruit Salad

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Grapes, fresh	6 lbs 4oz	
Peaches, canned, light syrup	4 lbs 3 oz	
Yogurt, low fat (or fat free)	50 container (8 oz)	
Bananas, small, raw	4 each	
Lemon juice		1 1/2 cups 1 Tbsp

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>280</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	2 g
Cholesterol	10 mg
<b>Sodium</b>	<b>123 mg</b>
<b>Total Carbohydrate</b>	<b>57 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>10 g</b>
Vitamin D	N/A
Calcium	324 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available

## Directions

1. Combine grapes and peaches; mix well, Refrigerate until serving time.
2. Just before serving, slice bananas and toss with lemon juice. Add to fruit mixture.

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3. Serve 1/2 cup fruit over 8 ounces of yogurt per serving.

**Source:** California Table Grape Commission